

# JOURNAL.30

sunrise @ 06:55

winter solstice 30 @ 15:30

moon 360.01

C&S coffee shop

yucca valley

california

**present**

**360.01 @ 12:05**

**30.001 - 14.12.21**

**172.5**

happy real new year

today is an auspicious day...

the first time in at least 114 years that the winter solstice and a new moon  
coincided (in california)

year 30 and moon 360 of the true lunar calendar begin today

it's quite odd because it should occur, on average, once every 30 years

it won't happen again until 2033

the calendar is in sync and ready for a new cycle

**30.002**

**360.02**

**14.12.22 @ 19:14**

a book title

**my story... a story**

- ° what's your story
- \* what's your story
- ? what's your story
- ° what's your story

the gendo program

do nothing beyond survival activities

no tv

no media

exercise

no food after 1800

go out into to world and do what is necessary to live...

after that, go home and deal with being you

note to student...

you're not coming on board with **me**

you're coming on board with the program and your fellow monks

yes... i was involved in the creation of gendo

and there're many differences between heron and gendo

the work takes place in your mind

mind:

lie on your back

get relaxed

close your eyes

? what is available to you

sound

smell

taste

breathing

bodily sensations (itches, twitches, pains, tics, etc.)

pulse

temp.  
gravity

? what else

make an exhaustive list (noting that the experience is **not** the word  
noting also that the word is a sound

the mistake is in asking, "who am i?" or "what is i" altho what is i is better

asking a question in the domain of language

**30.004**

**360.04**

**14.12.24 @ 22:56**

**30.007**

**360.07**

**14.12.27 @ 00:00**

**23:45**

***imaginary landscapes***

web site

printer/etc.

the app for displaying art

- ken burns effect

- video

- 

updated to add new art to app

in-app purchasing

business stuff

money

**360.08 @ 23:39**  
**30.008 - 14.12.28**

**360.12 @ 00:07**  
**30.012 - 15.01.01**

Bob... the izzier of everything

**360.13 @ 14:24**  
**30.013 - 15.01.02**

**172**

you will all receive the prints you sponsored

i'm going to pick them up from the gallery on sat. jan. 10

assuming they are acceptable, i plan on mailing them out during the following week

i will message you when they are en route

please send me your mailing address

p.s.

it's been a few years since i've framed any images and i was shocked at the price i was quoted for framing from a local framer

he wants \$350 to frame one

i haven't shopped around, so i might find a better deal

but be prepared for it

feel free to contact me if you want to talk about how to frame them

## **23:16**

Earth economy

every citizen has an equal share of Earth's resources...

your comfortable survival needs are met

water, energy, information, food, housing, transportation, etc.

and also tin, cobalt, carbon, silicon, wood, stone, paper, etc.

there could be an online trading center for citizens to acquire materials  
they need for a project they are doing

**360.14 @ 21:38**

**30.014 - 15.01.03**

**360.17 @ 20:42**

**30.017 - 15.01.06**

**360.18 @ 20:28**

**30.018 - 15.01.07**

**360.19 @ 20:36**

**30.019 - 15.01.08**

**360.22 @ 20:31**

**30.022 - 15.01.11**

thru no intention/effort of his own, heron stone woke up from the trance  
of language at 21

he never recovered from the shock, and has been trying to figure out  
what's going on here ever since  
he says he's making some progress

### **acct**

30 shares of apple

\$3600 for imac

\$17,000 newspaper

\$11,000 ss

**360.27 @ 20:01**

**30.027 - 15.01.16**

gendo strategy

before saying anything, ask yourself,  
? why am i about to say this  
? what do i hope to achieve in saying this

starting vit. b3 tomorrow

a new course

Wittgenstein for language monkeys

**360.28 @ 18:39**

**30.028 - 15.01.17**

our whole civilization is based on a fallacious understanding of the nature of language and identity

the old assumptions worked well for hunter/gatherer language monkeys, but not so well for a space-faring, enlightened, global civilization

it's time to dump a lot of ideas that underlie our civilization, psychology and spirituality

let's start with the voice in your head

from Guidebook to Wittgenstein by Marie McGinn

Marie mcginn  
mailto:mem3@york.ac.uk

**361.01 @ 20:54**  
**30.031 - 15.01.20**

set up a table and chair outside for the editors to meet with the people  
what are you excited about  
what are you afraid of  
what are you hoping for  
what do you like about seal beach

vince

i've been thinking about what you told Charles about burying the story of the baby seal's death

i think it should be a feature story  
interview all the people who were involved



it can create a community bonding  
it's emotional  
it's something that really is a sort of community tragedy  
people will respond to it  
people will be talking about it

well, that's my opinion

everyone must become a philosopher

**361.02 @ 21:46**  
**30.032 - 15.01.21**

cliff harris  
i invited him to ts3  
he said "thanks"  
i said, "? do you have the login details"

? why did heron's language machine ask  
? why did he feel compelled to ask... to "make sure"

if he had the info, good  
if not, he'll ask... or not

? is there some desperation there  
? trying to be responsible for everybody

**361.07 @ 19:21**  
**30.037 - 15.01.26**

**361.09 @ 00:18**  
**30.039 - 15.01.28**

**21:57**

language isn't everything

it's just a hugely significant part of everything we experience...  
and, more significantly, the easiest to hack/reprogram, if one is interested  
in doing that

**361.12 @ 20:54**

**30.042 - 15.01.31**

coastline community college  
community education

**gendo: way of language**

the voice in your head is not something YOU are doing  
it's something happening TO you  
you have been hijacked by your own language machine  
wake up from the trance

**361.13 @ 23:09**

**30.043 - 15.02.01**

much of our biological and cultural/linguistic inheritance is from a time when  
we had to be careful that we weren't some lion's lunch or snake's snack

**361.14 @ 22:59**

**30.044 - 15.02.02**

**361.16 @ 23:43**

**30.046 - 15.02.04**

**361.17 @ 20:46**

**30.047 - 15.02.05**

a technology of consciousness is emerging  
it should begin to bear significant fruit in 30-50 yrs

language is certainly not the whole game  
but it is a principal component of what we call "consciousness"

? what are some other components

**361.18 @ 21:23**  
**30.048 - 15.02.06**

**361.19 @ 21:31**  
**30.049 - 15.02.07**

bp 107/62  
pulse 60

our brain damage consists in having grown up in a system with an  
undeclared assumption that language more or less accurately  
describes an objective reality... out there

epistemological maturity occurs when one realizes that the above  
assumption is just another theory... a story our ancestors made up out  
of language in order to "make sense" of their experience

all we ever have is our immediate, direct experience...

and our stories about that experience

my story is not THE WAY IT REALLY IS

it's just A way of thinking/talking about my experience

when all people understand this, we will live in a new Earth

**361.21 @ 20:39**

**30.051 - 15.02.09**

**interview**

**tim ferris**

**matt mullenweg**

**361.22 @ 19:45**

**30.052 - 15.02.10**

i dislike being around some people  
sometimes i think this is a failing on my part

i also dislike Lima beans  
but i don't consider it a shortcoming

what's a difference

**361.24 @ 23:23**

**30.054 - 15.02.12**

**361.29 @ 19:10**

**30.059 - 15.02.17**

when a student of gendo observes the functioning of its own language  
machine for a sufficient number of days/weeks/months, a new "self"  
emerges

the examiner of language is not the entity that previously inhabited the language machine... was a product of the language machine

the process does not result in "you" having a new theory/understanding/idea/etc about "reality"

it results in a new "you" that had not existed before... an entity that exists in a domain beyond language

**362.02 @ 19:10**

**30.061 — 15.02.19**

**362.03 @ 20:30**

**30.062 — 15.02.20**

write a "fuck you" speech to yahweh

upon being sentenced to hell for eternity...  
well... fuck you

**362.04 @ 11:13**

**30.063 — 15.02.21**

**362.05 @ 23:09**

**30.064 — 15.02.22**

begin confused speculation...

i have direct sensory experience and stories about that experience

not even "i have"

there is direct sensory experience and stories about that experience

! that's it

? what's a difference between infinite spacetime and imaginary spacetime

there is no such "thing" as space... or time

they are words we use

end confused speculation

**362.07 @ 20:56**

**30.066 — 15.02.24**

there is no "i" prior to language showing up

"i" is a figment of language

**362.08 @ 22:08**

**30.067 — 15.02.25**

**362.09 @ 22:52**

**30.068 — 15.02.26**

doing gendo is like learning a new language

it takes that much intention

timewarner arris modem

192.168.0.1

admin

password

heartfelt ineptitude has its appeal

and so does heartless skill

but what you want is passionate virtuosity

john barth

**362.15 @ 21:37**

**30.074 — 15.03.04**



### ***surrender***

there are times when we must “surrender” to something if we want to  
experience it fully ???

in watching a movie

in reading a book

many people seem never to be able to surrender their sense of “self”,  
their story, their ego

of course, it’s not always easy to do that  
especially in this culture

sometimes i can do it  
sometimes i can’t

or

sometimes i do it  
sometimes i don't

i can always return to that "self" any time "i" want

it seems to me that i must temporarily put aside my preconceptions about  
what i'm about to see and view it with as empty an assumption set as  
possible

i return to my critical self on the second viewing

**362.16 © @ 21:36**

**30.075 — 15.03.05**

many problems in life are related to an attempt to maintain a story that is  
no longer working

we have become identified with our story  
changing it feels like dying

**362.17 @ 20:58**

**30.076 — 15.03.06**

clients...

for lifestory

committed to figuring it out... make sense of life... develop a story that  
works for you

not satisfied with results so far

many people reach a point where they give up on that and go for  
skydiving, or politics or sports...

reaching a level of comfort in not knowing

really realizing the depth of unknowing is humbling and liberating  
getting it



a difference between a 10-yr old scientific prodigy who "knows" a lot  
about human sexuality  
and getting your first boner watching the girl next door

i wonder how it is for others  
it was the camp councilor when i was ?10  
i was totally enchanted by her  
i ached for her  
i suffered for her  
i knew she was a woman (maybe 16) and i was a kid (?10)  
i thought about her for a long time to come  
i'm still thinking about her

gendo is a boner  
female equivalent  
how do women experience it

life story script coach  
? what's your current story

\*\*\*\*\*

what could it possibly mean... to be absolutely sure  
? how does a feeling of certainty about an outcome relate to any  
particular result

\*\*\*\*\*

**362.19 @ 23:46**  
**30.078 — 15.03.08**

a course for parents

how to raise a conscious child

## **raising children to be conscious beings**

? what makes humans different from other species

not just language... written language

parents must be in rehab

**362.20 @ 19:51**

**30.079 — 15.03.09**

check out google alerts

**362.21 @ 20:33**

**30.080 — 15.03.10**

meetup

gendo... way of language

gendo for parents

If you have already discovered that language is a crucial factor in human life, thought, spirituality, etc., then you are ready for gendo.

**362.23 @ 00:14**

**30.082 — 15.03.12**

gendo is about change

if you really want your life to stay just about where it is now, then gendo is not for you

not everything necessarily changes

but what does change is not always predictable

you should be aware of these "side effects"

messing with the language machine affects ALL areas of experience

ana giddy

an=gidy

**23:49**

**362.28 @ 23:45**

**30.087 — 15.03.17**

vitamin M

dr. brian gamble

brookhurst eastside

**362.29 @ 20:28**

**30.088 — 15.03.18**

new method for taking dental impressions

use a small laser scanner to collect data on gums/teeth

**362.30 @ 23:10**

**30.089 — 15.03.19**

**363.01 @ 08:55**

**30.090.01 — vernal equinox**

**starbucks — buena park**

**363.02 @ 22:56**

**30.091.02 — 15.03.21**

**363.03 @ 21:36**

**30.092.03 — 15.03.22**

17th karmapa said, "innernet " and meant it

**363.05 @ 21:14**

**30.094.05 — 15.03.24**

wittgenstein

many consider w the greatest philosopher of the 20th century  
he is also one of the oddest

it seems that w's intention is not to provide a new theory of language/  
reality/etc

his point is that engaging the questions persistently brings about a  
change in the thinking process itself

a student is closer to "reality"

a student is changed

don't worry if it's not coming together in your mind as a theory or new  
understanding

it's ok if it does and ok if it doesn't

just put in the time reading

then let's talk on ts3

i'll be available on schedule

so, i encourage anyone out there to read w  
don't worry if you don't understand it  
don't not try to understand it  
just read it  
read some statements more than once if you like

just put in the time

let's test w's idea  
en experiment

we have been trained since birth to continually distract ourselves from  
quiet, self observation  
the idea of spending an evening home alone with no tv, radio, internet,  
book, computer is abhorrent to most  
... just dealing with what emerges from your own mind, studying it,  
observing it  
(it's ok to record observations... as a scientist)  
i use my ipad for all my writing these days  
when my text editor is open, it's really an extension of "my" mind

do yoga  
~~exercise~~  
meditate

doing gendo

1 hour/day  
quiet

alone  
with writing/voice recording ability  
observation  
read w if you must

**363.06 @ 18:33**

**30.095.06 — 15.03.25**

**363.07 @ 20:53**

**30.096.07 — 15.03.26**

**363.08 @ 23:19**

**30.097.08 — 15.03.27**

**363.09 @ 19:28**

**30.098.09 — 15.03.28**

**363.10 @ 21:44**

**30.099.10 — 15.03.29**

**art reps**

**Amy Delaporte**

**Merle Elias**

**Valda Lake Wallspace L.A**

**363.11 @ 23:23**

**30.100.11 — 15.03.30**

**363.12 @ 23:13**

**30.101.12 — 15.03.31**

**363.13 @ 21:07**

**30.102.13 — 15.04.01**

the voice

the language machine

you don't know what "reality" is  
all you have is a story

there are an infinite number of possible stories  
no story is THE story

a challenge is to create/discover a story that leads to the kind of life you  
want... or, at least, think you want at the moment

a major step forward: realizing that your story is not THE WAY IT IS, but  
only a story you've been sold  
it's entirely possible that you might be able to discover/create a better one

### **approaches to creating new stories**

top down      Bob

bottom up      i'm hungry now

both are useful

it's not necessary to choose between them

**363.14 @ 22:10**

**30.103.14 — 15.04.02**

**363.16 @ 22:44**

**30.105.16 — 15.04.04**

**363.17 @ 22:13**

**30.106.17 — 15.04.05**

**363.18 @ 17:35**

**30.107.18 — 15.04.06**

greenleaf holistic  
9774 katella south side  
ste 204  
west of brookhurst

sour diesel

blue dreams

**22:23**

**363.19 @ 23:22**

**30.108.19 — 15.04.07**

we're all a bunch of brain-damaged language monkeys

our language machines are hobbled  
they were badly programmed right from the beginning  
it's been going on for millennia

it's time to wake up from the ages-old trance of language

your first challenge is to break out of your language machine... to break  
identification with the voice in your head

? how

study the language machine... as a scientist



take notes  
start a journal

begin with THE  
observe how it functions for/in/on others  
go to YouTube and observe people you dislike  
examine how THE is used

let me know what your observe

waking up doesn't mean life is without problems

it means that most of (whatever you thought your problems were)  
evaporate  
and new kinds of problems/opportunities emerge

**363.20 @ 23:20**  
**30.109.20 — 15.04.08**

**363.21 @ 19:21**  
**30.110.21 — 15.04.09**

**363.24 @ 00:28**  
**30.113.24 — 15.04.12**

**363.25 @ 12:40**  
**30.114.25 — 15.04.13**

1	1
2	3
3	6

4	10
5	15
6	21
7	28
8	36
9	45
10	55
11	66
12	78
13	91
14	105
15	120
16	136
17	153
18	171
19	190
20	210
21	231
22	253
23	276
24	300

**363.26 @ 19:50**

**30.115.26 — 15.04.14**

duncan  
circling

functional programming

**363.27 @ 23:56**

**30.116.27 — 15.04.15**

**363.28 @ 19:57**

**30.117.28 — 15.04.16**

**363.29 @ 21:22**

**30.118.29 — 15.04.17**

**364.02 @ 00:14**

**30.120.31 — 15.04.19**

**364.03 @ 23:26**

**30.121.32 — 15.04.20**

**364.04 @ 20:00**

**30.122.33 — 15.04.21**

Google alerts  
epistemology  
"heron stone"  
language

**364.05 @ 00:36**

**30.123.34 — 15.04.22**

**364.06 @ 21:38**

**30.124.35 — 15.04.23**

**364.08 @ 21:43**

**30.126.37 — 15.04.25**

? what do language monkeys want  
air  
water  
food

sex  
comfort  
friendship  
security/peace  
love  
belonging  
meaning/fulfillment

**364.09 @ 21:58**

**30.127.38 — 15.04.26**

Roughly two months after I sent the message on YouTube I got this  
today: Victoria Vives Khuong  
+Tom Barbalet Hi Tom,

I rarely check youtube messages.

I appreciate your offer and will let you know if we decide to go for it.

Have a wonderful day!

Many Blessings,

Victoria

we didn't have a choice about being language monkeys  
we came into existence in a world of language  
we are language

i am assuming that others are as real as i is

**364.11 @ 21:15**

**30.129.40 — 15.04.28**

to reap a benefit from some strategy  
one must apply the strategy

reading it  
understanding it  
approving of the idea/theory  
believing it  
teaching it

is not enough

to build a movement  
to participate in an emergence of a conscious Earth

coming to a realization that one doesn't exist  
is not without its difficulties

to what does the word "i" refer

this is going to become an even more volatile planet in the coming  
decades

ideas are changing  
rapidly

our future depends upon which ideas... which ways of thinking  
predominate in our species

new ways of thinking are popping up all over  
(mostly not very good, in my opinion)

old ways are failing to satisfy

these are kinds of forces that give rise to new civilizations

end of money doesn't mean the end of accounting

we still have to manage our behavior  
what will the unit of value be  
i suggest the person-minute  
time is all we have  
how we use it determines our lives

we must abandon the idea of "reality"

**364.15 @ 22:58**

**30.133.44 — 15.05.02**

**364.17 @ 00:14**

**30.135.46 — 15.05.04**

it's midnite

i just heard a emergency vehicle siren

it brought back a memory of something i was told by a nun in the catholic  
elementary school i attended  
it must have been 2nd or 3rd grade  
in class one day, we heard a siren passing by in the street outside

the nun stopped and had us pray silently for whoever was in trouble  
she said a siren meant that someone was in need and we should be  
aware of and care about what is happening around us

**23:50**

**364.19 @ 00:34**

**30.137.48 — 15.05.06**

**21:16**

book title

? why are you reading this book  
? what would you like to occur as a result of reading it

i could publish a series of "essays"

**364.20 @ 00:34**

**30.138.49 — 15.05.07**

before i can "know" my true deep identity,

i must come to a realization that "i" don't know my true deep identity  
or even if there is such a thing (there isn't)

"i" is the big mystery

once i became comfortable/familiar  
with not knowing,  
my thinking was freed up  
to explore modes of thought/experience  
beyond my current comprehension

**364.20 @ 00:34**

**30.138.49 — 15.05.07**

two ways of disposing of a nagging question...

1

discover/create a satisfactory answer

2

realize that the question is a meaningless sequence of phonemes and  
that you have no idea what the words mean

**364.25 @ 00:07**

**30.143.54 — 15.05.12**

**364.26 @ 00:09**

**30.144.55 — 15.05.13**

it's easier to fool people than to convince them that they've been fooled

- mark twain

**364.27 @ 20:14**

**30.145.56 — 15.05.14**

**364.29 @ 20:14**

**30.147.58 — 15.05.16**

not all those who wander are lost

~ j. r. tolkien

**365.01 @ 22:17**

**30.148.59 — 15.05.17**

gendo two year program

types of gendo practice

follow breath

mantra

listen to the language machine

**365.04 @ 22:17**



**30.151.62 — 15.05.20**

23" x 13" = \$299

**365.05 @ 20:59**

**30.152.63 — 15.05.21**

i'm the woz of epistemology  
? where's my steve jobs

**365.07 @ 00:06**

**30.154.65 — 15.05.23**

**365.08 @ 00:06**

**30.155.66 — 15.05.24**

**365.09 @ 00:05**

**30.156.67 — 15.05.25**

YOUR PERSONALITY TYPE IS:  
PROTAGONIST  
(ENFJ-A)

**18:27**

principles of persuasion

reciprocity

scarcity

authority

consistency

liking

consensus

**365.11 @ 01:00**

**30.158.69 — 15.05.27**

**365.13 @ 20:55**

**30.160.71 — 15.05.29**

doing gendo...

if you pay attention to what you're doing,  
particularly in the domain of language,  
it changes

awareness produces change

? how will it change

? how do you want it to change

**365.14 @ 23:38**

**30.161.72 — 15.05.30**

a fundamental error in our thinking about life, the universe and everything  
a misunderstanding of the nature of language

"reality" is only an idea

the map is not the territory

there may be multiple true maps for one territory

our story is just a story... not THE WAY THE WORLD REALLY IS

? do you **get it**

? or do you only understand it

? how you i get from understanding it to getting it

practice gendo... and get out of the way

it's crucial to face a realization that you don't know what you're talking about much of the time...

it's just your language machine blathering on

## **gendo practice**

what phrases reoccur in your language machine

**365.22 @ 00:12**

**30.169.80 — 15.06.07**

**21:50**

gendo

one-year course

no TV

live alone

or with another gendo student/monk

## ***new podcast***

the rest of heron

start editing the early skypecasts

talk with tom about it

open with haydn piano trios

close with different types "sounds"

create an appendix for the early days... gizmo, etc

use commentaries pre/post cast if appropriate... new perspective

**365.29 @ 20:44**

**30.176.87 — 15.06.14**

the start of my heterosexual career

15-yr-old camp councilor

i was 8-10

she dominated my thoughts for many months after

all we have is stories

some stories work better than others under various conditions

the TRUTH of a story is only one of several aspects that can be examined

acting upon a story has consequences independent of any reasoning

behind the story

we do not have an option to live without a story

? how can i construct and inhabit a new story

FIRST... you must be CONVINCED that the idea of THE WAY IT IS is  
pathological/insane...

stories are created/discovered

so...

i find myself thinking...

it's after midnight

it's technically tomorrow

i can eat something and not violate my intentions

except...

i know that's a rationalization

**366.01 @ 20:51**

**30.178.89 — 15.06.16**

**366.10 @ 20:14**

**30.187.05 — 15.06.25**

john

main points for gendo

language is primarily a phenomenon of the hearing and speaking  
spoken language existed for hundreds of thousands of years before  
writing was invented  
really learning a language means mastering hearing/speaking

learning a language starts with hearing... mastering the sounds of the  
system

that's what babies do

in a chaotic and unorganized world, a baby masters the sound system in  
4 or 6 years ( $\approx 18,000$  hours)

in a correctly structured environment, an adult can master hearing in  
between 100 and 1,000 hours

musicians learn more quickly

confidence in knowing you can hear accurately

fon-grafikS is a vehicle for mastering the sound system of english

**366.15 @ 20:14**

**30.192.10 — 15.06.30**

i've been doing gendo 8 hrs/day for 2 yrs

doing gendo could be compared to meditating...

but with added activities  
journaling  
studying

? what the purpose of doing gendo  
? why do gendo

change your story  
reprogram your language machine  
be less stupid and unconscious  
be a better negotiator  
be better at everything you do

**366.16 @ 22:52**

**30.193.11 — 15.07.01**

geotopia

every "city" has  
sports facilities  
research facilities  
communal meeting spaces  
parks

**366.19 @ 23:00**

**30.196.14 — 15.07.04**

video  
here's my story  
this can get a little convoluted... so hang on  
the voice  
no time for an "i" to prethink language

it's all programming

a problem is that the voice says things like, "i said blahblah"

or

"i did that"

if you pay attention for only a few seconds, you'll realize that the voice just  
comes out of nowhere

you have no idea how it happens or any control over what it says  
it occurs

and you accept it as your "will"

stuck in a story

mistaking a way of thinking for THE WAY IT REALLY REALLY IS

you must wake yourself from the trance

the best thing you can do for Earth is to wake up from the trance of  
language

eliminate unconscious assumptions

operate upon conscious assumptions

?

how

gendo

**366.24 @ 23:53**

**30.201.19 — 15.07.09**

## **propaganda**

if you know who you are  
you know who i am

if you think in english  
you're confused

real thinking  
requires courage

science...  
magic plus evidence

you can't unmake a distinction

start living  
as if your life depended on it

never fuck anyone  
crazier than yourself

you don't have to be a genius  
to think like one

everything in moderation...  
including moderation

only the truly religious  
dare to question their faith

the search for happiness  
is itself unhappiness

you don't have to be a christian to be born again

some things can't be taught  
they must be learned

you don't so much  
have a purpose in life  
as it has you



the natural state of awareness is ecstatic wonder  
don't settle for anything less

think of yourself as an artist...  
working in protoplasm

if you aren't making mistakes  
you aren't growing

you can't commit yourself to a path  
you can't articulate

it helps to know the rules  
before you break'em

there's no doubt about it  
i am definitely confused

just because you have something to say  
is no reason to say it

liberation is when words  
no longer get in the way of reality

a religious outlook  
need not incorporate  
a dogmatic theology

a christian admits he's a sinner  
a scientist realizes he's a fool

you can be very successful  
and still be a robot 98% of the time

rules are to facilitate common transactions,

not to inhibit unusual ones

if you don't do your own thinking,  
someone else will have to do it for you

if we don't change our direction,  
we're likely to end up where we're headed

if you haven't written your purpose in life,  
you don't have a purpose in life

anyone who hasn't seriously questioned his/her sanity  
is either crazy or not paying attention

in denying responsibility  
for the stuff in your life you don't like,  
you give up your power to change it

if you can express yourself satisfactorily in language,  
then your thoughts are no bigger  
than your language machine

impossibility is only logical impossibility  
universe is not constrained  
by what primates imagine to be  
or not to be possible

we must live more in the world that is  
and less in the world that should be  
if we're ever going to create  
the world that could be

language used properly  
cannot achieve awakening  
language used improperly

can prevent awakening

you have to become an individual  
before you can transcend individuality  
the paradoxical truth here is that  
in achieving individuality, you transcend it

there are three types of people in the world:  
those who think they make things happen,  
those who think they watch things happen,  
and those who think they wonder what happened

there are two types of people in the world:  
those who seek happiness, and those who seek truth  
those who seek truth believe it will make them happy  
those who seek happiness don't believe in truth

in creating a new world/civilization/era/etc.,  
the fact that some people are against it  
is not nearly as important as the fact that  
the vast majority of people  
haven't thought about it very much,  
very deeply or even at all  
this presents an enormous opportunity  
for agents of evolution

**366.25 @ 22:24**

**30.202.20 — 15.07.10**

people are all the same in that they're stuck in an english story  
people are all unique in that the story they're stuck in is unique

thru the past century, our language has become increasingly  
disconnected from our experience  
it's approaching a critical point now...  
a phase transition in human cognition/civilization

it's alright to change your story  
more than merely alright... it can be a positive step

changing your story is not a defeat

chances are that the story you inherited from your family/neighborhood/  
culture/television/movies/school/etc. was less than optimal

now might be good time to change some aspects of your story

**366.27 @ 21:38**

**30.204.22 — 15.07.12**

joining the first heretical church of Bob, unreformed

accept the Bob story as your story...  
pledge yourself to Bob's purpose for you

until you discover/create a better one

don't believe it is THE WAY REALITY REALLY IS

BELIEF, ITSELF, IS THE GREAT SIN

DO WHAT THOU WILT  
SHALL BE THE WHOLE OF THE LAW

is it possible for us to start at the BEGINNING  
to start over truly  
we are already stuck with language  
we can't unlearn it  
the best we can do is take control of it  
reprogram it

Here you are, Heron: Try this Frax preset:  
[www.fract.al/f5k6x](http://www.fract.al/f5k6x)

(made on iPad landscape)

18774164271 x1113061

AJ

m-f 2:30 pm 11pm

[ajaffar@apple.com](mailto:ajaffar@apple.com)

settings  
general  
reset  
reset all settings

connect to wifi

**366.28 @ 23:17**  
**30.205.23 — 15.07.13**

atorvastatin 10 mg

**367.01 @ 21:10**

**30.207.25 — 15.07.15**

**367.03 @ 18:49**

**30.209.27 — 15.07.17**

what's really happening is not the kind of *thing* that can be *known* by you

? what could it mean... "to know the ultimate nature of reality"

? how would you *know* you *knew*

**367.04 @ 19:53**

**30.210.28 — 15.07.18**

01-5-18 day-1

02-5-18L day-1

03-5-18R day-1

04-5-21 day 3

05-5-22 day 4

06-5-24 day 6

07-5-25 day 7

08-5-25L day 7

09-5-25R day 7

10-5-27 day 9

11-5-27L day 9

12-5-27R day 9

13-5-31 day 13

14-5-31 L day 13  
15-5-31 R day 13  
16-6-2 day 15  
17-6-2L day 15  
18-6-2R day 15  
19-6-5 day 18  
20-6-5L day 18  
21-6-5R day 18  
22-6-7 day 20 (last application)  
23-6-7L day 20 (last application)  
24-6-7R day 20 (last application)  
25-6-9 day 22 (healing day 2)  
26-6-9L day 22 (healing day 2)  
27-6-9R day 22 (healing day 2)  
28-6-11 day 24 (healing day 4)  
29-6-11L day 24 (healing day 4)  
30-6-11R day 24 (healing day 4)  
31-6-12 day 25 (healing day 5)  
32-6-12L day 25 (healing day 5)  
33-6-12R day 25 (healing day 5)  
34-6-13 day 26 (healing day 6)  
35-6-13L day 26 (healing day 6)  
36-6-13R day 26 (healing day 6)  
37-6-14 day 27 (healing day 7)  
38-6-14L day 27 (healing day 7)  
39-6-14R day 27 (healing day 7)  
40-6-16 day 29 (healing day 9)  
41 -6-16L day 29 (healing day 9)  
42-6-16R day 29 (healing day 9)  
43-6-18 day 31 (healing day 11)  
44-6-18L day 31 (healing day 11)  
45-6-18R day 31 (healing day 11)  
46-6-20 day 33 (healing day 13)  
47-6-20L day 33 (healing day 13)  
48-6-20R day 33 (healing day 13)

49-6-26 day 39 (healing day 19)  
50-6-26L day 39 (healing day 19)  
51-6-26R day 39 (healing day 19)  
52-7-3 day 48 (healing day 28)  
53-7-3L day 48 (healing day 28)  
54-7-3R day 48 (healing day 28)

**367.05 @ 18:45**

**30.211.29 — 15.07.19**

christians, atheists, jews, muslims, buddhists, communists, capitalists, ku  
klux klanners, patriots, revolutionaries, amway associates, movie  
stars, gangsters, presidents, janitors, plumbers, kung fu masters,  
florists, bullies, lovers, philosophers, and fools...

everybody has a story  
and every story is unique

but...

details of the story  
are only one dimension of our situation

the CONTEXT of the story has significant consequences

old context/new context...

(erroneous old context/assumption)  
my story is THE WAY IT REALLY IS

as distinct from

(less stupid new context/assumption)  
my story is a way of thinking about my experience



the old "strategy" worked well for our ancestors  
back to lizards and beyond

in a simple biological world, that's good enough

the world has changed in recent centuries  
humans (for i'll or for good) have remade the world

old ways of thinking have become inadequate

it's becoming increasingly clear  
that we're headed for a discontinuity

to mistake a [way of thinking about experience]  
for [THE WAY IT REALLY IS]  
is a form of insanity... a linguistic pathology

it's a fundamental error  
that interferes with our ability to navigate life

it's time for us to change  
it's time for you to change  
it's time to wake from the trance of language...

and build paradise

**367.07 @ 20:01**

**30.213.31 — 15.07.21**

enlightened enough  
you don't have to be a fully enlightened master to change reality

there are plenty of things you can do this week to make a positive  
contribution to Earth/humanity/your kids/etc  
be polite and respectful to people who are rude and disrespectful  
listen deeply to someone who needs to be heard  
look for opportunities in "problems"  
help feed hungry people  
volunteer in some already-existing framework/program

just because you have something to say...  
is no reason to say it

enlightenment is not the end...  
it's a beginning...  
of a new kind of living

**367.08 @ 19:45**  
**30.214.32 — 15.07.22**

a general inability of language monkeys to think well abstractly  
abstract thinking is a relatively new ability in Earth... a few tens of  
thousands of years  
it didn't really take off until writing emerged  
since then, it's been a relentless push toward more abstraction

**367.09 @ 20:00**  
**30.215.33 — 15.07.23**

paradise  
a world where we are free  
from the endless drudgery of survival

a world where we can concentrate on doing art and music and sumo and dance and theater and backpacking and traveling and surfing and crows and raising children and teaching and learning and science and exploring the universe and...

**367.10 @ 20:00**

**30.216.34 — 15.07.24**

it's too late to be language-free  
"i" shows up in the domain of language

**367.12 @ 20:12**

**30.218.36 — 15.07.26**

EarthLing is to english

as

a metal ruler is to an elastic one

they each may have their applications

it's good to have both

for a long time

i was searching for the answer

i was never quite sure what the question was

it was only after examining questions carefully,  
questions began to evaporate...

into meaningless sequences of phonemes

it was quite dis-orienting at first

but i quickly grew accustomed to it and actually began to enjoy a new sense of lightness

### **serious stuff here**

diet regimen

consume only soup & salad & water & supplements at home  
and strawberry bars

fast 4 days/moon (3 protein drinks/day)

no ice cream

no snacks

no drinks

etc.

gendo stuff

doing gendo

horizontal breathing before sleep

complete the red belt course

observing your language machine

journaling

after the red belt graduation

"now you've got it  
the question is, "what are you gonna do about it?"

**367.16 @ 19:17**

**30.222.40 — 15.07.30**

**367.19 @ 21:42**

**30.225.43 — 15.08.02**

walking meditation observations/rants

from aug. 2002 to may 2006  
i did gendo walking meditation every evening

during walking meditation,  
if an idea arises,  
and it is sufficiently compelling,  
it is recorded for later analysis

of course, many/most thoughts  
are not that compelling

it's important  
to actually listen to the recordings and  
DO the later analysis

you will discover  
which ideas are worth exploring...

and which are not

**367.20 @ 20:11**

**30.226.44 — 15.08.03**

**VPN for torrents**

OpenVPN

UDP-1194

Canada

Montreal2 (P2P)

**367.23 @ 21:14**

**30.229.47 — 15.08.06**

a new fb group

brain-damaged language monkeys anonymous

**367.24 @ 18:24**

**30.230.48 — 15.08.07**

**367.26 @ 22:56**

**30.232.50 — 15.08.09**

i spent 20 years chasing enlightenment

there is no such THING as enlightenment

the word "enlightenment" refers to a way of thinking about one's  
experience

it's too late for us to avoid language  
we show up in the domain of language

it is fundamental to who/what we are

**367.27 @ 20:12**  
**30.233.51 — 15.08.10**

**368.02 @ 19:30**  
**30.238.56 — 15.08.15**

lucille's

**368.07 @ 17:23**  
**30.243.61 — 15.08.20**

**368.09 @ 21:57**  
**30.245.63 — 15.08.22**

what to do when you don't know what to do

stop  
take a deep breath or 100

identify yourself

declare your intentions

**368.12 @ 15:12**  
**30.248.66 — 15.08.25**

**171.4**

**368.14 @ 20:01**  
**30.250.68 — 15.08.27**

mouth art for 1 to many

song  
story  
poetry  
noises  
phoneme replacement  
any combination

**368.15 @ 23:18**  
**30.251.69 — 15.08.28**

broken windshield wipers  
on a stormy alpha centauri-4

appear.in

**368.16 @ 22:56**  
**30.252.70 — 15.08.29**

we are born into a cultural/historical/linguistic  
set of unconscious assumptions

things we don't question

our ideas of "reality"

"i" is a way of thinking about experience

**368.21 @ 22:25**  
**30.257.75 — 15.09.03**

create a course called



## **creating your own "reality"**

actually, you are creating your own reality right now

but the you you think you are isn't who you really are  
that's just who/what you THINK you are

what you really are...

is an unspeakable miracle

**368.24 @ 21:04**

**30.260.78 — 15.09.06**

a theater piece

### **The Voice in Your Head**

**368.26 @ 20:17**

**30.262.80 — 15.09.08**

**369.04 @ 19:19**

**30.269.87 — 15.09.15**

## **a learning coach**

knowing about gendo is useless

doing gendo is not useless

gendo

**369.05 @ 13:40**

**30.270.88 — 15.09.16**

**369.08 @ 16:00**  
**30.273.91 — 15.09.19**

**170.2**

**369.09 @ 20:58**  
**30.274.92 — 15.09.20**

**369.11 @ 19:39**  
**30.276.94 — 15.09.22**

"gendo" is a noise

? how can a noise mean something

the best i can do is tell you what i mean when using it in some specific  
context

**autumnal equinox**  
**369.12 @ 19:24**  
**30.277.01 — 15.09.23**

steve ramirez  
language machine

**369.13 @ 20:01**  
**30.278.02 — 15.09.24**

may all blocks be lifted from you

may kindness and opportunity shine upon you  
may you feel safe and loved  
may you know how much you are needed and appreciated

**369.15 @ 01:04**

**30.280.04 — 15.09.26**

Nicolas Berggruen  
philosophy prize in Santa Monica

it's like the uncertainty principle

the concept of "self" becomes THE mystery  
but so many other matters become absolutely transparent

now, "i" being the big mystery doesn't bother me at all  
it's actually invigorating

**369.18 @ 18:15**

**30.283.07 — 15.09.29**

gendo red belt youtube video  
get certified for \$50

take orange belt course  
1/2 year course  
TS3  
doing gendo

experiments in language

preparing to die

get rid of almost everything  
keep a small box of "guilty treasures"

**369.21 @ 08:05**

**30.286.10 — 15.10.02**

**168.8**

**369.22 @ 16:01**

**30.287.11 — 15.10.03**

**the THE script**

the surgeon's story

unconscious assumptions

THE most dangerous word in english

THE way it is

THE truth

THE answer

THE reason

THE explanation

it's wrong 94% of the time

"blind in another eye"

afterward

getting a red lapel pin and certificate

the test is here...

**369.23 @ 15:48**

**30.288.12 — 15.10.04**

**@ laguna woods country club**

i'm gonna just through out a few short ideas  
and then open it up for conversation

1

surgeon's story

2

unconscious assumptions in language impact our real lives

3

the voice in your head is not something YOU are doing  
it's something happening TO you  
you have been hijacked by your own language machine  
wake up from the trance of language

4

all we have is our direct experience  
and stories about our experience

declarations page

**369.24 @ 22:18**

**30.289.13 — 15.10.05**

### **things to do**

contact garden grove police about accident report

get stuff out of car

get cost estimate from george

jphanna@gmail.com

**369.26 @ 20:54**

**30.291.15 — 15.10.07**

**167.4**

**369.27 @ 20:25**

**30.292.16 — 15.10.08**

**370.03 @ 19:47**  
**30.298.22 — 15.10.14**

**370.05 @ 18:20**  
**30.300.24 — 15.10.16**

**370.08 @ 20:42**  
**30.303.27 — 15.10.19**

**370.11 @ 20:39**  
**30.306.30 — 15.10.22**

**370.14 @19:28**  
**30.309.33 — 15.10.25**  
present and accounted for

**think of gendo as a variation of zen**  
**focusing on awareness of language**

only you can provide the answers you seek  
i can help in formulating penetrating questions

**370.15 @11:35**  
**30.310.34 — 15.10.26**

**166**

**370.16 @14:14**  
**30.311.35 — 15.10.27**

GEICO auto insurance  
221 current coverage  
359 500 deduc  
370 500 with rental  
347 1000 with rental  
332 1000 without rental

**370.18 @17:21**

**30.313.37 — 15.10.29**

E A R T H N E T

the league of affiliated agents of evolution

interlinked

interrelated

united

integrated

affiliated

academy

society

alliance

association

club

community

league

**370.19 @ 23:37**

**30.314.38 — 15.10.30**

**370.21 @ 21:15**

**30.316.40 — 15.11.01**

**370.22 @ 17:47**

**30.317.41 — 15.11.02**



**370.29 @ 21:16**  
**30.324.48 — 15.11.09**

**371.01 @ 13:53**  
**30.326.50 — 15.11.11**

**371.02 @ 18:45**  
**30.327.51 — 15.11.12**

**371.11 @ 19:56**  
**30.336.60 — 15.11.21**

**371.13 @ 18:22**  
**30.338.62 — 15.11.23**

**371.15 @ 18:37**  
**30.340.64 — 15.11.25**

**371.20 @ 21:23**  
**30.345.69 — 15.11.30**

a Facebook page for EarthLing

**372.04 @ 23:36**  
**30.359.83 — 15.12.14**

los cotijas  
on Euclid south of chapman

**372.06 @ 20:42**

**30.361.85 — 15.12.16**

understanding the 5 stupidities is very nice

applying it is something else entirely

in applying that understanding deliberately in daily living... it's best to be  
prepared for profound and possibly unforeseen consequences

**372.14 @ 20:42**

**31.4 — 15.12.24**

treat EarthLing as a virus

a THE virus

multiple THE viri